



Newsletter

Fargo VA Health Care System

Summer 2014



Are you looking to increase your activity, but don't know where to start???

The Fargo VA Healthcare System is now offering an opportunity to get moving to improve your mental and physical health.

Who: All Veterans

What: Walking or chair exercises

When: Tuesday mornings from 9-9:30am

Where: Meet in the basement room BD-22

There is no need to register. Just show up when you can!!

Questions, please contact Rehab Medicine at ext 3047

5 Tips for Managing Your Weight

- ◆ Set small goals that are easily accomplishable! We don't want to start with a goal of losing 50 pounds; that will take a while and will likely lead to discouragement. Instead, try setting a goal to walk three days this week or pass up on that dessert tonight.
- ◆ When you achieve your small goals, celebrate! You will motivate yourself more by rewarding and praising the progress you make, rather than punishing and ridiculing yourself for the times when you aren't perfect. If you ate that apple when you really wanted the cheesecake, give yourself a mental pat on the back or go do something fun! But remember not to use food as a reward.
- ◆ Find a partner who would also like to lose weight. Having someone to go to the gym with or call when you lose those first ten pounds will make all the difference in you remaining committed to your goals. Now is the time to surround yourself with support so remember to choose a partner who is equally motivated and a positive influence on your mood.
- ◆ Know that you will have struggles on this journey, so don't give up at the first sign of difficulty. Find a way to learn from your mistakes and forgive yourself. Remember you can always turn a setback into a comeback!
- ◆ A positive attitude is always better than a negative attitude. Be kind to yourself and this journey towards a healthier you will be far more enjoyable. If you don't know how to be kind to yourself, now might be a good time to ask someone to help you learn.

MOVE! Incentives

Have you heard about an exciting new opportunity to earn incentives in the MOVE! Weight Management Program? To encourage and reward behavior change and weight loss, we are offering incentives for MOVE! participants who:

Have a loss of 10 pounds or more from 10/1/2013 or from initial MOVE starting weight (or a loss of 4% of initial MOVE starting weight)

When you meet this criteria, you can choose between any of the following incentives (which must be picked up in Fargo or at your nearest CBOC) while supplies last:

Heart rate monitor watch

Set of 5-pound cuff weights

Set of 3-pound cuff weights

Deluxe water bottle

Quick and Healthy Cookbook

Free one-month pass to the Fargo YMCA or a participating gym in your area

For every 10-pounds of weight loss thereafter you can pick another incentive. If you believe you meet the criteria, let your MOVE staff know at your next appointment or class. The MOVE staff wishes you all the best in your weight loss journey!

Peach-Berry Smoothie

Ingredients:

2 containers (6 oz each) strawberry low-fat yogurt
1 cup sliced fresh or frozen peaches or nectarines
1 cup sliced fresh or frozen strawberries
1 cup crushed ice



Directions:

Place all ingredients in blender. Cover and blend on high speed 30 to 60 seconds or until smooth. Pour into glasses and serve immediately.

Makes 4 Servings (1 serving = 1 cup smoothie)

Nutritional Information per serving:

Calories: 110	Protein: 12 g	Carbohydrate: 19 g	Sodium: 55 mg	Fiber: 1g
Total fat: 1.5 g		Saturated fat: 0.5 g	Cholesterol: 0 mg	

Stretching Corner



Calf Stretch

1. Stand facing the wall or another sturdy surface.
2. Place your hands flat on the wall at chest level. Your arms should be about shoulder-width apart.
3. Put one foot slightly behind you, keeping that foot flat on the ground.
4. Move your other leg slightly forward and gradually lean in to the wall. Bend the knee of your front leg as necessary, but try to keep the knee on your back leg straight, and keep both feet flat on the ground. You should feel the stretch in the calf of your rear foot. Make sure you're really stretching the muscle, but don't overdo it.
5. Hold the stretch position for 10-15 seconds. Breathe deeply and rhythmically
6. Stretch the other leg in the same manner.
7. Repeat as desired.